

## LISTING OF THE CLAIMS

1. (Withdrawn) A method for stick handling training for a hockey player comprising:

stick handling a rolling element, with an element weight to hockey puck weight ratio of 1.3 or greater, between two positions on a practice surface using a hockey stick;

said practice surface having a higher resistance to sliding of the rolling element than to rolling of the rolling element;

said hockey stick comprising a shaft portion held by the hockey player with an upper hand and a lower hand and having a blade portion attached to the shaft portion for stick handling the rolling element; and,

wherein said stick handling the rolling elements comprising:

applying a first torque to the shaft portion of the hockey stick using the upper hand tightly gripped thereon for rolling the rolling element across the practice surface in a first direction;

applying a second torque, opposite in rotation from the first torque, to the shaft portion of the hockey stick using the upper hand tightly gripped thereon for rolling the rolling element across the practice surface in a second direction substantially opposite to the first direction; and,

using the lower hand loosely gripped to the shaft portion to guide the blade portion of the hockey stick during rotation thereof and to move the blade portion between the two positions on the practice surface.

2. (Withdrawn) The method of claim 1 wherein the element weight to hockey puck weight ratio is 3.2 or greater.

3. (Withdrawn) The method of claim 1 wherein the two positions on the practice surface are substantially 610 mm, (24 inches) apart.

4. (Withdrawn) The method of claim 3 further comprising the steps of performing practice sets of thirty or more repetitions of moving the rolling element between the two positions.

5. (Withdrawn) The method of claim 3 further comprising the steps of:

stick handling a plurality of rolling elements each having a different element weight to hockey puck weight ratio; and,

performing a practice set comprising stick handling each of the plurality of rolling elements between the two positions for thirty or more repetitions.

6. (Withdrawn) The method of claim 5 wherein a practice session comprises three or more practice sets of stick handling each of the plurality of rolling elements between the two positions and further comprising the step of performing two or more practice sessions per day for more than 30 days.

7. (Withdrawn) The method of claim 1 wherein the rolling element comprises a spherical element.

8. (Withdrawn) The method of claim 1 wherein the rolling element comprises a cylindrical element.
9. (Withdrawn) The method of claim 1 wherein the rolling element comprises a solid steel ball.
10. (Withdrawn) The method of claim 5 wherein each of the plurality of rolling elements having a different element weight to hockey puck weight ratio comprises a plurality of solid steel balls each having a different ball diameter.
- 11 - 13 (Canceled)
14. (Currently amended) A hockey stick handling training device for use with a hockey stick comprising:
- a spherical element having an element weight to ~~hockey puck weight ratio of~~ ranging from 226.8 to 1814.4 grams, (8 to 64 ounces) ~~1.3 greater than~~ and a an element diameter ranging from ~~25.4–50.8 mm, (1.0–2.0 inches)~~ 38.1 to 76.2 mm, (1.5 to 3.0 inches) ; and
  - a practice surface comprising a smooth flat surface formed on a substantially uniformly thick layer of one of, polyester, urethane foam, polyester with a vinyl facing, neoprene, ethylene vinyl acetone, silicone and polyethylene, and wherein the uniform layer is formed to be sufficiently compliant that it is

slightly indented by a spherical element weighing 1814.4 grams, (64 ounces)  
and further wherein the practice surface is ~~configured to have a higher~~  
~~resistance to sliding of the spherical element over the practice surface than to~~  
~~rolling of the spherical element over the practice surface~~ formed with a  
coefficient of friction between the practice surface and the spherical element  
ranging from 0.3 to 0.9.

15. (Canceled)

16. (Currently amended) The hockey training device of claim ~~15~~ 14 further comprising  
~~at least~~ another spherical element having an element weight of 85.1 grams, (3 ounces)  
~~or less to hockey puck weight ratio of greater than 6 and a diameter ranging from~~  
~~50.8 – 76.2 mm, (2.0 – 3.0 inches).~~

17. (Withdrawn) A method for stick handling training with a hockey stick, said hockey  
stick including a shaft portion and a blade portion comprising:

holding the stick shaft portion with an upper hand near a top end of the shaft  
portion and holding the stick shaft portion with a lower hand below the upper hand and  
positioned between 254 - 356 mm, (10 - 14 inches) apart from the upper hand;

positioning a practice ball having a weight of at least 226.8 grams, (8 ounces) on a  
practice surface, the practice surface providing a higher resistance to sliding of the  
practice ball than to rolling of the practice ball, the practice surface having dimensions of

between 750 - 1220 mm (29.5 - 48 inches) long by 460 - 685 mm, (18.1 -26.5 inches) wide;

rolling the practice ball between two positions substantially 610 mm (24 inches) apart using a torque applied to the stick shaft by the upper hand while merely guiding the stick with the lower hand; and,

repeating the rolling of the practice ball between the two positions alternately using a forehand and a backhand stick handling motion of the stick blade portion for a set of 30 or more repetitions.

18. (Withdrawn) The method of claim 17 further comprising the steps of performing sets of 30 or more repetitions using each of a plurality of practice balls, wherein each of the plurality of practice balls has a different weight in the range of 226.8 grams, (8 ounces) to 1814 grams (64 ounces).

19. (Currently amended) A hockey stick handling ~~practice~~ training kit comprising four solid steel balls with each ball having a different weight ranging from ~~227~~ 226.8 to 1814.4 grams, (8 to 64 ounces) ~~to 1815 grams (64 ounces)~~ and with each ball having a different diameter ranging from ~~33~~ 38.1 to 76.2 mm, ( ~~1.3~~ 1.5 to 3.0 inches) ~~to mm, ( inches)~~ and wherein at least one of the four solid steel balls has a diameter of 50.8 mm (2.0 inches) or less and a weight of 538.65 grams, (19 ounces), or less and further wherein another of the four solid steel balls has a diameter or 63.5 mm, (2.5 inches) or more and a weight of 1000 1077.3 grams (~~35.2~~ 38 ounces) or more.

20. (Currently amended) The hockey stick handling training kit of claim 19 further comprising a practice surface comprising a smooth flat surface formed on a substantially uniformly thick layer of one of, polyester, urethane foam, polyester with a vinyl facing, neoprene, ethylene vinyl acetone, silicone and polyethylene, and wherein the uniformly thick layer is formed to be sufficiently compliant that it is slightly indented by a spherical element weighing 1814.4 grams, (64 ounces) and further wherein the practice surface is formed with a coefficient of friction between the practice surface and the spherical element ranging from 0.3 to 0.9  
~~rectangular mat for placing on a floor said mat providing a practice surface formed thereon and having a length dimensions of at least 750 mm (29.5 inches) and a width dimension of at least 460 mm, (18.1 inches), and wherein the mat comprises a layer of one of polyester, urethane foam, polyester with vinyl facing, neoprene, ethylene vinyl acetone, silicone and polyethylene, the mat having a substantially uniform layer thickness in the range of 10–51 mm, (0.39–2.0 inches) and wherein the practice surface has a higher resistance to sliding of the steel balls over the practice surface than to rolling of the steel balls over the practice surface.~~

21. (Canceled)

22. (Currently amended) The hockey stick handling training device ~~according to~~ of claim 14 wherein the practice surface is formed with a coefficient of friction between the practice surface and the spherical element is at least ranging from 0.5 to 0.9.

23. (Canceled)
24. (Currently amended) The hockey stick handling training kit of claim 19 further comprising a practice mat comprising a uniformly thick material layer formed with surface comprising a smooth flat practice surface for stick handling the four steel balls on, and wherein the practice surface is formed with coefficient of friction between the practice surface and the steel balls is at least ranging from 0.5 to 0.9.
25. (New) The hockey stick handling training kit of claim 19 further comprising a practice mat for placing onto a floor and for supporting the spherical elements on a practice surface of the practice mat during stick handling practice, said practice mat comprising a substantially uniformly thick layer of a compliant material that is slightly indented by a spherical element weighing 1814.4 grams, (64 ounces).
26. (New) The hockey stick handling training device of claim 14 wherein said spherical element comprises a plurality of spherical elements including:
- a first spherical element having a diameter of substantially 38.1 mm, (1.5 inches) and a weight of substantially 226.8 grams, (8 ounces) usable to increase stick handling speed and control; and,
  - a second spherical element having a diameter ranging from 63.5 to 76.2 mm, (2.5 to 3.0 inches) and a weight ranging from 1077.3 to 1814.4 grams, (38 to 64 ounces), usable to force a player to roll the second spherical element by rotating a shaft of the hockey stick about a longitudinal axis thereof.

27. (New) The hockey stick handling training device of claim 26 further comprising a third spherical element having a weight that is less than 85.1 grams, (3 ounces) for providing stick handling training using the third spherical element that has a high contrast to stick handling training using said first and second spherical elements.
28. (New) A hockey stick handling training kit for use with a hockey stick for training a player to use a desired stick handling motion, the kit comprising:
- a plurality of spherical elements each having a different weight ranging from 226.8 to 1814.4 grams, (8 to 64 ounces), and each having a different diameter ranging from 38.1 to 76.2 mm, (1.5 to 3.0 inches); and,
  - a practice mat for placing onto a floor and supporting the spherical elements on a practice surface of the practice mat during stick handling training, said practice mat comprising a substantially uniformly thick layer of a compliant material that is slightly indented by a spherical element weighing 1814.4 grams, (64 ounces).
29. (New) The hockey stick handling training kit of claim 28 wherein the plurality of spherical elements comprises at least one spherical element having a diameter of substantially 38.1 mm, (1.5 inches) for contacting a hockey stick blade at nearly the same height above the practice surface as the hockey stick blade contacts a conventional hockey puck.



30. (New) The hockey stick handling training kit of claim 28 wherein the practice mat is substantially rectangular having a length ranging from 750 to 1220 mm, (29.5 to 48 inches) and a width ranging from 460 to 685 mm, (18.1 to 27.0 inches).
31. (New) The hockey stick handling training kit of claim 28 wherein the practice mat comprises a plurality of interlocking mat sections assembled together.
32. (New) The hockey stick handling training kit of claim 28 wherein the compliant material comprises urethane foam formed with a closed cell structure.
33. (New) The hockey stick handling training kit of claim 28 wherein the practice surface is sealed with a layer of vinyl.
34. (New) The hockey stick handling training kit of claim 28 wherein the substantially uniformly thick layer has a thickness ranging from 12.7 to 25.4 mm, (0.5 to 1.0 inches).
35. (New) The hockey stick handling training kit of claim 28 wherein the practice surface is formed with a coefficient of friction between the practice surface and the spherical element ranging from 0.3 to 0.9.
36. (New) The hockey stick handling training kit of claim 29 wherein the substantially uniformly thick layer comprises urethane foam formed with a thickness ranging from

12.7 to 25.4 mm, (0.5 to 1.0 inches) and further wherein the practice mat is substantially rectangular having a length ranging from 750 to 1220 mm, (29.5 to 48 inches) and a width ranging from 460 to 685 mm, (18.1 to 27.0 inches).

37. (New) A hockey stick handling training kit comprising:

- a first spherical element having a diameter of substantially 38.1 mm, (1.5 inches) for contacting a hockey stick blade at nearly the same height above the practice surface as the hockey stick blade contacts a conventional hockey puck;
- a second spherical element having a weight of 538.65 grams, (19 ounces) or more usable to force a player to roll the second spherical element by rotating a shaft of the hockey stick about a longitudinal axis thereof for reinforcing a desired stick handling motion; and,
- a practice mat for placing onto a floor and supporting the spherical elements on a practice surface of the practice mat during stick handling practice, said practice surface being formed with a coefficient of friction between the practice surface and the spherical element ranging from 0.5 to 0.9.

38. (New) The hockey stick handling training kit of claim 37 wherein the first spherical element substantially weighs 226.8 grams, (8 ounces).

39. (New) The hockey stick handling training kit of claim 38 wherein the second spherical element comprises three spherical elements each having a different diameter ranging from 50.8 to 76.2 mm, (2.0 to 3.0 inches) and each having a different weight ranging from 538.65 to 1814.4 grams, (19 to 64 ounces).
40. (New) The hockey stick handling training kit of claim 37 wherein said practice mat comprising a substantially uniformly thick layer of a compliant material that is slightly indented by a spherical element weighing 1814.4 grams, (64 ounces).
41. (New) The hockey stick handling training kit of claim 39 wherein the practice mat comprises a substantially uniformly thick layer having a thickness in the range of 12.7 - 25.4 mm, (0.5 - 1.0 inches) and formed with a rectangular shape with a length of at least 650 mm, (25.6 inches) and a width of at least 460 mm, (18.1 inches).
42. (New) The hockey stick handling training kit of claim 41 wherein the practice mat comprises urethane foam.
43. (New) The hockey stick handling training kit of claim 41 wherein the practice mat comprises polyester and further wherein the practice surface is sealed by a vinyl facing formed thereon.
44. (New) The hockey stick handling training kit of claim 41 wherein the practice mat comprises neoprene.

45. (New) The hockey stick handling training kit of claim 41 wherein the practice mat comprises ethylene vinyl acetone.
46. (New) The hockey stick handling training kit of claim 41 wherein the practice mat comprises polyethylene.
47. (New) The hockey stick handling training kit of claim 41 wherein the practice mat comprises silicone.